



# Disability Specific Information

## Preschool Students

### [The Division for Early Childhood of the Council for Exceptional Children:](#)

The DEC Recommended Practices provide guidance to practitioners and families about the most effective ways to improve the learning outcomes and promote the development of young children, birth through age 5, who have or are at-risk for developmental delays or disabilities. Developed by the DEC Recommended Practices Commission.

- Practitioners use assessment materials and strategies that are appropriate for the child's age and level of development and accommodate the child's sensory, physical, communication, cultural, linguistic, social, and emotional characteristics.
- Practitioners conduct assessments that include all areas of development and behavior to learn about the child's strengths, needs, preferences, and interests.

**Active Start:** SHAPE America developed specific guidelines for the physical activity of children from birth to age 5 to support its position statement and to address the developing child's unique characteristics and needs. The guidelines reflect the best thinking of specialists in motor development, movement and exercise about the physical activity needs of young children during the first years of life.

## Autism

### [The effect of motor and physical activity intervention on motor outcomes of children with autism spectrum disorder: A systematic](#)

[review:](#) Difficulty performing age-appropriate motor skills affects up to 83% of children with autism spectrum disorder.

## Examining the Motor Development Patterns and Physical Activity

Behaviors of Autistic Individuals: Let's have this Conversation Podcast with Kevin McShan, guest, Dr Andrew, University of North Texas

## Autism and Exercise: Are there special benefits? by Dr Sean Healy,

"The phrase "exercise is medicine" is a common refrain among fitness experts and health practitioners. A wealth of research gives credence to this truism. And now - thanks to a growing number of studies involving youth with autism - we can confidently say that physical activity provides them with a wide range of benefits."

## Understanding the Impact of Trauma on Students with Autism:

Peer to Peer project out of Grand Valley State University: Peer to Peer support programs increase opportunities for students with ASD to access general education settings and curriculum. Peers model typical academic and social behavior in educational environments throughout the school day and provide support for students with ASD to promote independence and socialization. Peer to Peer support programs and inclusion of students with ASD not only affects outcomes for the students with ASD, but can also benefit peers.

Turn On's: Physical Education Equipment organized from a SENSORY perspective

Adapted Physical Education Instructional Videos from University of Wisconsin LaCrosse:

- Utilizing Adventure Education to Teach Social Skills to School-Aged Students with Autism Spectrum Disorder (August 2018).
- Implementing the Exercise Buddy App with Middle and High School Students with ASD in Physical Education (August 2018).
- Using Visual Supports for Teaching Students with Autism Spectrum Disorder in Physical Education (July 2015)

## Test of Gross Motor Development-3 (TGMD-3) with the Use of Visual Supports for Children with Autism Spectrum Disorder: Validity and

Reliability: TGMD-3 raw scores of children with ASD were significantly lower than typically developing peers, however, significantly improved using the TGMD-3 visual support

protocol. This demonstrates that the TGMD-3 visual support protocol is a valid and reliable assessment of gross motor performance for children with ASD.

### [Evidenced Based Practices for Children, Youth and Young Adults with Autism](#)

National Clearinghouse on Autism Evidence and Practice Review Team, 2020; "...The increased prevalence of autism has intensified the demand for effective educational and therapeutic services, and intervention science is providing mounting evidence about practices that positively impact outcomes. The purpose of this report is to describe a set of practices that have clear evidence of positive effects with autistic children and youth."

## **Intellectual Disabilities**

[Unified Physical Education](#): "Unified Physical Education provides a unique opportunity for students with and without disabilities to come together through ongoing educational and physical activities..."

### [Universal Physical Education Resource Guide from Special Olympics](#):

This document is not a curriculum, but rather a compilation of ideas and examples that teachers may use to bring the Unified Physical Education concept to their school.

### [Instructional Strategies for Teaching Aquatic Skills to Preschool and Elementary Aged Students with Down Syndrome](#) (August 2018)

### [Instructional Strategies for Teaching Object Control Skills to Young Children with Down Syndrome](#) (July 2015)

## **Muscular Dystrophy**

[Education Matters](#): Adaptive Physical Education: APE teachers guide to Duchenne muscular dystrophy

## **Traumatic Brain Injury**

## [Report to Congress on The Management of Traumatic Brain Injury in Children: Opportunities for Action](#), (February 2018)

**[Heads Up](#)** concussion prevention programs and resources from the Centers for Disease Control: Whether you are a [parent](#), [youth sports coach](#), [school coach](#), [school professional](#), or [health care provider](#), this site will help you recognize, respond to, and minimize the risk of concussion or other serious brain injury.

## **Transition Aged Students**

[Providing Community-Based PE Services For Students With Disabilities in Special Education Transition Programs](#)

Unified Sports and DM curriculum

## **Visual Impairments**

[Physical Education for Children with Visual Impairment or Blindness](#) by Lauren Lieberman, Monica Lepore, Maria Lepore-Stevens, and Lindsay Ball, JOPERD, January 2019

[Staff Training for Physical Education for Children With Visual Impairments Video](#)

[Presentation: Including Students With Vision Impairments in Physical Education](#) Video

[Campabilities Real Sports HBO Video](#)



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